

# Healthy Habits

VOLUME 1, ISSUE 4

## Crunch of the Month

### Long Arm Crunch

The long arm crunch changes the traditional floor crunch by straightening the arms behind you. This crunch adds a challenge due to the longer lever. To do it right:

1. Lie on a mat and extend the arms straight out behind the head with hands clasped, keeping the arms next to the ears.
2. Contract the abs and lift the shoulder blades off the floor.
3. Keep the arms straight and avoid straining the neck. IF you feel neck pain, take one hand behind the head while keeping the other arm extended.
4. Lower and repeat for 1-3 sets of 12-16 reps.

-About.com:Exercise



## Nutrition Notes

### What to Eat

We have talked about clean eating, hydration, metabolism, breakfast and what not to eat, but now it's time to talk specifics. Many of you may have put these articles to practice and have created a new meal plan and lifestyle but aren't seeing results. You may be asking, what is it exactly that I need to be feeding my body to get the results you want?

If you're thinking the answer is to eliminate all the carbohydrates in your diet, you would be wrong. This type of strict diet may initially help you to lose weight but is hard to manage in the long run not to mention having depleted energy levels. Your body needs carbohydrates to effectively break down glucose and is the main energy source that keeps our body running.

For a clean eating diet, the answer is protein and carbohydrates. You may be thinking well that's easy enough, I love steak, potatoes and cornbread, I'm set. Not so fast. First, we must understand what types of protein and carbohydrates we need to be eating.

We need to be aiming for lean protein and complex carbohydrates. Lean protein will help to keep saturated fat intake at a low, keep our cholesterol down and our heart healthy by avoiding clogged arteries. Protein to avoid would be fatty red meats and full-fat dairy products. Lean protein would consist of lean turkey meat (93/7), chicken, egg whites and fish, to name a few.



Like we mentioned earlier, carbohydrates play a vital role in keeping the body's energy levels up and the body functioning properly. The recommended daily complex carbohydrate intake is 55 to 60 percent. When we think of carbohydrates, most of us think of bread, pasta and other flour products. These would be considered simple carbohydrates and we

need to keep these to a minimum in our diet. The complex carbohydrates are what we need to focus on to get the results we are after. Examples of complex carbohydrates include fruits, vegetables and whole grains.

Lean protein and complex carbohydrates work well in concert. They compliment each other because they are both digested slowly. This helps keep the blood-sugar level steady and hunger pangs at bay. If you adhere to this eating lifestyle you will notice a dramatic change in your body and it will leave you feeling energetic and fit. If this change is too drastic, try replacing three out of your six small meals a day with complex carbohydrates verses simple carbohydrates. If you decide to go this route, make sure you consume the simple carbohydrates early in the day. This will allow you to still enjoy the taste of simple carbohydrates while still having the time to burn most of the stored energy and fat throughout the day.

Reno, Tosca. The Eat-Clean Diet. Robert Kennedy Publishing, 2007.



The Recreation Center - Lake Jackson

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(979) 297-4533



Summer  
registration  
is now  
available at  
The  
Recreation  
Center.

# Food for Fitness

## Chicken Pot Pie



### Ingredients:

- 1 can 98% Fat Free Cream of Chicken Soup
- 1 can Cream of Potato Soup
- 1 or more chicken breast
- Fresh or frozen vegetables of choice
- Two deep pie crusts

### Directions:

1. Mix Cream of Chicken and Potato soup in a bowl.
2. Dice baked chicken breast and add to soup mixture.
3. Add your choice of vegetables to soup and chicken mixture.
4. Pour soup, chicken and vegetable mixture to one deep pie crust.
5. Enclose the pie with the second pie crust and bake at 350 degrees for one hour or until top has browned.

# Working on Wellness

## My Pyramid: A Personalized Approach to Healthy Eating

My Pyramid personalizes dietary and physical activity recommendations by including a variety of pyramids designed to fit an individual's unique needs.

My Pyramid has six major points: Be Active: Dietary Guidelines recommend physical activity on most – preferably all – days of the week. In order to maintain weight, one must exercise at least 30 to 60 minutes a day is average. For weight loss, 60 to 90 minutes of daily exercise is recommended and considered active. More than 60 percent of adults do not achieve the recommended amount of regular physical activity. Physical activity is key in preventing chronic disease and maintenance of a healthy body weight.

Moderation: limiting the consumption of foods high in saturated fats, trans fats, sodium and sugar. Decreased intake of full-fat meats, processed foods and sweets. The fat and oil recommendations are designed to provide essential fatty acids and vitamin E. Solid or saturated fats can be limited by choosing low-fat dairy products and lean meats while avoiding many fast foods. As part of a

healthy diet, unsaturated fatty acids (canola oil, olive oil, nuts, seeds and avocado) should account for the majority of fat intake. Including fatty fish like salmon and tuna, as well as nuts and flaxseed oil at least four to five times a week, will contribute to the omega-3 fatty acid intake which can reduce blood clotting in the arteries.

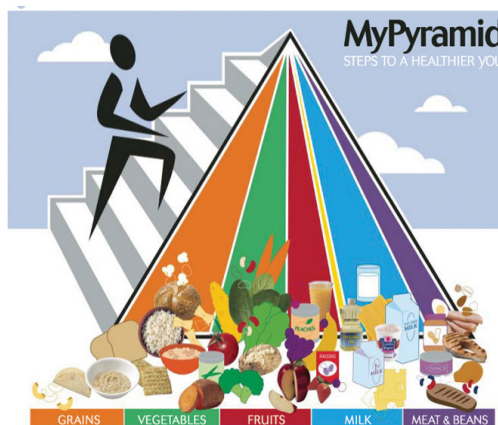
household measurements and ounces, it is hoped that people will maintain better portion control. An ideal meal consists of two to three ounces of grains, one to one-and-a-half cups of fruits and vegetables, two to three ounces of protein, one cup of milk or other low-fat dairy product. For those avoiding dairy, substitute with soy milk or soy yogurt, take a calcium supplement and add plenty of leafy greens.

Variety: Numerous colors, flavors and textures should be included in order to get a diverse supply of nutrients. Canned, frozen, dried and fresh fruits and vegetables all count toward intake goals.

Discretionary calories allowance is designed to help people limit foods not considered nutrient-dense. These include non-diet sodas, sweeteners, alcohol, candy, sweetened cereals and baked goods – among others.

Make gradual improvements to a healthier you.

(<http://www.e-afaa.com/132.e-afaa>)



A personalized Approach: Caloric and food group recommendations are based on gender, current activity level and age. Check with your physician to make sure you are eating the correct number of calories.

Portion Control: By basing food recommendations on standard

All children  
ages 6 and  
under are  
required to  
have an  
adult within  
arms reach  
anywhere in  
the facility.  
Children ages  
6 and under  
may not sit  
in the  
bleachers,  
hallway or  
aerobics  
room while  
parent is  
participating  
in class.

## Weight-Loss Wonders

My name is Shahinda Hafeez and my success story revolves around the new aerobics class, Zumba. I started Zumba when it first started at the Lake Jackson recreation center. I loved the music and the steps. Dancing has always been a passion of mine so I was excited to hear Zumba was being offered. I am drawn to the Hollywood and Bollywood music Zumba offers. I bought the Zumba waistband scarf as well as the headband, and was ready to shake it. To my surprise within a few months, I started fitting into clothes that were one-size smaller than what I typically wore. Shopping for clothes became a fun activity.

I have a full time job in Houston, which I enjoy. Driving was no longer a problem with my new energy level. I informed my boss about the classes and how they were helping with my energy levels. They agreed to adjust my work schedule so I could attend the maximum number of Zumba classes offered at The Recreation Center. After work, I try to beat the rush hour traffic in order to attend the evening Zumba classes.

Zumba has not only helped me create a happy energetic lifestyle, but has also helped me sleep better. My outlook on life has become more positive. My

family and friends have noticed the difference in my attitude towards them and myself. I have made lot of good friends with the other individuals who attend Zumba classes. The ladies in Zumba are special and treat each other like family. The Lake Jackson loves Zumba Facebook page was an excellent idea to helps us all stay in touch with each other.

What's next – Probably Water Zumba!

Thank you Kelly and Vicki. I am having a great time. I could not have done without you.

\* Tell us about your success story by emailing: [mmainer@ci.lake-jackson.tx.us](mailto:mmainer@ci.lake-jackson.tx.us). Pictures are not re-

## Q & A: How Much Exercise is Enough?

**Q: I am eating right and getting exercise throughout the week but I'm not seeing any results. How much exercise is enough?**

**A:** First you need to establish exactly what you're trying to accomplish. Are you trying to maintain your current weight or lose weight? If you are trying to maintain weight and reduce the risk of chronic diseases, the Department of Health and Human Services recommend thirty minutes of exercise daily. Thirty minutes a day is just the minimum to reduce the risk of health issues; such as, heart disease, osteoporosis, diabetes and hypertension. Sixty minutes is recommended to Individuals who are wanting to control their weight and ninety minutes is recommended for individuals looking to shed unwanted pounds.

While it may be hard to fit in exercise with a hectic schedule, the good news is you can break up the time throughout the day. It is also important to note that

you don't have to spend all your time at the gym. You can get your exercise through a variety of activities that you enjoy; such as, biking, walking, soccer, racquetball, basketball, etc.



So what happens if you miss a day? Many people try to make

up for missed exercise leaving them overwhelmed and discouraged. If you do miss a day, try to add in basic calisthenics and get back into your routine the following day.

Exercise is an activity you have to want to do in order for it to be a priority. If you are just starting out, try some of the following suggestions for becoming physically active:


1. Do an activity you actually enjoy.
2. Take a walk with your family or friends. If you take your kids to the park, participate in their activity rather than sitting on a bench.
3. Try something different like swimming, hiking or water skiing.
4. Find a support system to help hold you accountable.
5. Reward yourself.
6. Start with thirty minutes and work up to more exercise down the road.

WebMD, Health & Fitness

# Land Aerobics Schedule

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <u><b>Zumba</b></u><br>8:30-9:30 am<br>Vicki  | <u><b>Muscles &amp; More</b></u><br>8:30-9:30 am<br>Jean | <u><b>Zumba</b></u><br>8:30-9:30 am<br>Vicki   | <u><b>Muscles &amp; More</b></u><br>8:30-9:30 am<br>Jean | <u><b>Zumba</b></u><br>8:30-9:30 am<br>Kelly   |
| <u><b>Yoga</b></u><br>9:35-10:30 am<br>Kim  | <u><b>Zumba Toning</b></u><br>9:35-10:30 am<br>Vicki     | <u><b>Pilates</b></u><br>9:35-10:30 am<br>Kim  | <u><b>Zumba Toning</b></u><br>9:35-10:30 am<br>Vicki     | <u><b>Pilates</b></u><br>9:35-10:30 am<br>Kim  |
| <u><b>Sports Conditioning</b></u><br>10:35-11:30 am<br>Jeanne  |  | <u><b>Muscles &amp; More</b></u><br>10:35-11:30 am<br>Jeanne  |  | <u><b>Kickboxing</b></u><br>10:35-11:30 am<br>Jeanne  |
| <u><b>Sports Conditioning</b></u><br>5:30-6:30 pm<br>Sharon   | <u><b>Cardio Combo</b></u><br>5:30-6:30 pm<br>Sharon     | <u><b>Power Yoga</b></u><br>5:30-6:30 pm<br>Megan  | <u><b>Kickboxing</b></u><br>5:30-6:30 pm<br>Holly        |  |
| <u><b>Muscles &amp; More</b></u><br>6:35-7:30 pm<br>Jean  | <u><b>Zumba</b></u><br>6:35-7:30 pm<br>Kelly             | <u><b>Zumba</b></u><br>6:35-7:30 pm<br>Kelly   | <u><b>Zumba</b></u><br>6:35-7:30 pm<br>Kelly             |  |

Saturdays will be Instructors Choice @ 9:00 am

(  These classes include Christian music.)

**MUST BE 12 YEARS OF AGE OR OLDER TO ENTER AEROBICS ROOM AND/OR PARTICIPATE IN CLASSES. NO EXCEPTIONS.**

## Water Aerobics Schedule

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   | <u><b>Shallow Water</b></u><br>8:00-9:00 am<br>Jean     | <u><b>Shallow Water</b></u><br>8:00-9:00 am<br>Jean     | <u><b>Shallow Water</b></u><br>8:00-9:00 am<br>Jean     | <u><b>Shallow Water</b></u><br>8:00-9:00 am<br>Linda M  |
| <u><b>Shallow Water</b></u><br>12:00-1:00 pm<br>Dorothy | <u><b>Shallow Water</b></u><br>12:00-1:00 pm<br>Dorothy | <u><b>Shallow Water</b></u><br>12:00-1:00 pm<br>Dorothy | <u><b>Shallow Water</b></u><br>12:00-1:00 pm<br>Dorothy | <u><b>Shallow Water</b></u><br>12:00-1:00 pm<br>Dorothy |
|   | <u><b>Deep Water</b></u><br>5:00-6:00 pm<br>Jean        |   | <u><b>Deep Water</b></u><br>5:00-6:00 pm<br>Jean        |   |
| <u><b>Shallow Water</b></u><br>5:30-6:30 pm<br>Tammy    | <u><b>Shallow Water</b></u><br>5:30-6:30 pm<br>Tammy    | <u><b>Shallow Water</b></u><br>5:30-6:30 pm<br>Tammy    | <u><b>Shallow Water</b></u><br>5:30-6:30 pm<br>Sue      |   |



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